



TRIATHLON · BEGINNER

Beginner Sprint triathlon



10-Week Beginner Sprint Triathlon Plan

Complete your first sprint triathlon (750m / 20K / 5K) with confidence.

EVENT

Sprint triathlon

LEVEL

Beginner

LENGTH

10 weeks

DAYS / WEEK

5



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	37 min
27 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	36 min
26 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	50 min
2 × 5 min–20 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	37 min
27 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	83 min
2 × 15 min–43 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	76 min
2 × 13 min–38 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	64 min
2 × 9 min–30 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

PEAK

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Easy Triathlon	94 min
3 × 6 min–44 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Mon	SWIM Easy Swim	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	45 min
45 min continuous		
Thu	RUN Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Race Day: Triathlon RACE	92 min
3 × 20 min–40 min with recoveries		